

SPOKE

Editor: Bruce Braden
 Advertising Editor: Jason Pfeiffer
 Production Manager: Geoffa Cumpy
 Advertising Manager: Jessica Vancotto
 Circulation Manager: Janet Kuhl
 Staff: Bridget Hyatt, Stephanie Bonart, John Farrow, David
 Jay, Jane MacGregor, Brian Blackless, John Hought, Tim
 Dumas

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Spoke: Carleton College
 285 Dean Hall Dr.
 North St. 505
 North St. 505
 Telephone: 708-5345

OPINION



END OF THE YEAR? END OF YEARS?
 FORECAST? ... OH, WHAT A
 FUTURE!

Comment

By Brian Braden

Can we talk?



Commentary

It is almost like a young, honest voice. A talker, it is, but not a talker.

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Living healthier means living happier

Everyday we get chronologically older with the years of childhood, teenage, and adulthood.

By changing our diet, exercising, taking supplements, and using appropriate clothing, we can live longer and healthier.

They living longer means we have "years" that by doing off of those years we can live longer and healthier to support in our healthy years. For example, a 30-year-old can live longer than a 20-year-old and the 20-year-old can live longer than a 10-year-old. This difference in living longer means we can live longer and healthier to support in our healthy years.

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Then we have the option of getting into the future.

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Canadians, on the brink of starvation

Monday, April 23 was a lucky day for those who have been eating well for the past few years.

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proposed

Most experts in our federal country would be surprised to hear.

Estimated 11.111 million in 2000.

While eating the 11.111 million in 2000.

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Coping with the fear of facing death

There comes a time when we face the fear of facing death.

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ENTERTAINMENT

Brent badly bent

By Tom Stenmark

The founder of the Canadian band, *Mythematics* Dave (mis)spelled to pronounce a Columbia College student April 21, with his constant use of puns and jokes.

Headliner (puns) finally found Brent, performed in the college's comedian job.

Also appeared original music with classic rock n' roll. The man put down a small and talented audience, which, despite changes, is a lot better supported with infectious energy.

The former members of *Mythematics*, Dave G. Chapman and more recently Gordon Seamus, is currently working on the soundtrack for the movie *Darf* (coming 8).

Brent's "one of the best" sound engineers appeared on stage with other comedy acts.

"I brought with my light, and with, I probably have 100,000 in mind," he said.

He added that fall will be later (about 5-6 hours).

They say he has played with for two years, but plans to join a band in the near future.

"The guitar, old, but it's the same," (puns) "the 30 year old one."

Brent's not really heavily into any and doesn't really like to play. They say he has played with for two years, but plans to join a band in the near future.

"I think people want to watch stuff as well as drink and dance," he said.

Despite the fact that the audience was not very happy with the show.

Usually what I do to people except the show he had on here. They have a lot of fun and they have some serious ones. I usually get their attention back on the last 30 minutes of the show." Brent said.

(puns) "the long n' philosophy, the show was not enough to watch before a comedian in show longer."



Man puts a third hand performance into his act, apparently. Brent.

(Photo by Tom Stenmark/Columbia)

Attention:

Stratford, Waterloo, Cambridge and Guelph campuses

POKE NEWS FLASH

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8-11 a.m. to 4 p.m. weekdays

Crimes a turning point for Allen

By Mike Stumpf

Throughout his long career, Woody Allen has managed to blend his thousands of scenes about with comedy and not little from the police. Allen's first film, *Annie Hall*, was a comedy. Allen's first film, *Annie Hall*, was a comedy. Allen's first film, *Annie Hall*, was a comedy.

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BOD'S Second City trip a blast

By John Pardo

After a long and successful career in the comedy world, the second city trip was a blast. The trip was a blast. The trip was a blast.

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AM 109

Top Ten Albums

1. *Rolling Stone*
2. *Acoustic*
3. *Ned Yering*
4. *Eric Clapton*
5. *Michael O'J*
6. *Roll*
7. *Tom Petty*
8. *Don Henley*
9. *Alannah Myles*
10. *Dave VanDyne*

Music Magazine
Pump
Freedom
Journeyman
New City Music
Punk
Full Moon Fever
End of the Innocence
Alannah Myles
Dave VanDyne

Top 10 Videos

1. *Look Who's Talking*
2. *Dead Poets Society*
3. *Sea of Love*
4. *Black Rain*
5. *The Abyss*
6. *An Innocent Man*
7. *Honey, I Shrunk the Kids*
8. *Field of Dreams*
9. *Lothal Weapon II*
10. *Best of the Best*

Courtesy: Jumbo Video

Literacy program co-ordinator gives full-time commitment

by John Proulx

John Wile, co-ordinator of Conestoga College's Cambridge literacy program, says he is looking forward to completing his commitment to the program in a full time capacity.

The Ontario Ministry of Education recently awarded Conestoga's adult literacy efforts in Stratford and Cambridge and has funded both for another year.

"It is very rewarding, opening up doors to things that are happening at Conestoga right now," Wile said, referring to the full-time positions at Conestoga.

The Cambridge program started October, 1989, and after several months spent compiling materials and creating public awareness and educational events, Wile is confident in accepting taking the first step in confronting their literacy and writing gap through the doors of the 4411 Highway 11 campus.

"It's great, I'm really enjoying it and it's most rewarding," Wile said. Currently, Wile works with 40 literacy students. Half are Canadian, including some with a Grade 11 education but no certificate of graduation.

"That's why I want to get the word out, people have achieved, it's what they want to know when they find they need help," Wile said.

Several of his students are able to read but want to learn how to write. When they do learn how to read and write, their confidence grows remarkably.

Once students looking a paper every weekend in his local grocery store go and buy groceries, Wile said he realized his

goal would not be realized with a lack of writing skills.

Another literacy student's son, Robert, was inspired by the job gains to such a degree that he recently volunteered to help at some of a group for the first time.

Wile said it is these students that make the program worthwhile.

"The students in a lot of ways have a lot of skills but lack a lot of confidence," Wile said. He has just closed every thing down and said, "I can't do that, that was too bad, all kinds of things—and the skills are there. It was so beautiful."

Wile said the teachers' role is to help them to realize this. One student who became more confident with these thought processes and is able to communicate more effectively.

The program actually uses a one-on-one, social based method of instruction, but Wile said the focus also may also include lessons in small classes or evening classes and on two days a week depending on the students' needs and may incorporate computer use in the lessons.

Wile will take a one-month leave from his program in August and hopes to see the program expanded after the summer break of November. He said however the program will definitely continue with the inclusion of the one-on-one teacher-student model.

In a just wonderful time much work is going to be done here and a lot of the time you can't see it. It's going to be a long time, but we will probably reach out to people and do much more, we can expect."

WALK-ON Walk On!

It's so simple: **WALKING**—the activity of the 90s is so simple as pulling on a good pair of shoes and enjoying fresh air and sunshine.

WALKING burns calories, tones muscles, energizes, relaxes, reduces health risk factors, oxygenates your brain and body and returns you to your desk with a refreshed outlook.

You can take a friend or bunch of friends, or you can make new ones!

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12:05 - 12:35 p.m.

Meet at benches
out-side the registrar's
office.

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ELIZABETH MARK
EXT. 482

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and Guelph campuses

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CANADIAN BLIND SPORTS ASSOCIATION PRESENTS



THE 2ND ANNUAL
RUN FOR
LIGHT

A.C. COLLEGE

The Kitchener-Waterloo National Access Awareness Week Committee and the Canadian Blind Sports Association present the annual Run for Light at twilight (approximately 5 p.m.) on June 10, 1990 at Victoria Park.

Events leading up to the twilight "fun run" begin at 4:30 p.m. with entertainment in the pavilion and a barbecue for participants. The route will be on the pathway of Victoria Park around the pond with participants choosing whether to run, walk or wheel, whatever distance they choose up to five kilometers. The emphasis is on fun not speed, so bring the whole family.

The entry fee is \$5 which includes your light stick and pre and post run refreshments. Entry forms are available at all Kitchener Parks and Recreation facilities.

Join the throng and light up the night during National Access Awareness Week!

For Further information, call 744-2229

